

# Harper Center Bulletin

The Williamstown Council on Aging was founded in 1966 and we have been providing quality services since then!

The COA resides in the confines of the Harper Center at 118 Church Street in town. We're open for business from Monday through Friday from 8:00 A.M. to 4:00 P.M. and at 11:00 on Sunday for lunch.

Contact us via telephone at 458.8250, fax to 458.5156 or email;

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## Williamstown Council on Aging

### April 2013 Newsletter

April showers bring May, what...? Snow? Nah. How does it go? April showers bring ...the Yankees in first place in May? And golf season? Yeah, I think that's it.

But we're jumping ahead here. April has sprung and here we go into a full spring month. All the flowers will pop, the grass will be green and the Robins will be picking worms. Finally.

April also brings thoughts of gardens and outside activities. We are already planning the garden out back for the season and we're opting for flowers and herbs. Yup, we're throwing in the towel. We have asked folks to refrain from "borrowing" our tomatoes, squash, peppers and so on for years to no avail. So, no more. Herbs and flowers. Just as good. No maintenance...well, not as much. And

### April's charitable effort will be...

A little different. Maggie is looking for folks who can knit, crochet, do needlework, make simple quilts or, who want to learn. On Thursday afternoons in April and May, you'll be helping to assemble quilts, blankies and other warming gifts for "Project Linus", a charitable organization who collect and distribute warm blankets to critically ill children all over the country. The local chapter is actually

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they'll come back every year without being planted!

Now, from the department of "Look What We Found". we found a rather neat little ring in the cloak room here at Harper and we're wondering who lost it. If it's yours, tell us what it looks like and we'll return it to you posthaste!

based in New Ashford...Anyway she'll have pre-made squares to be connected-and made ready for the children and families who will need them. All materials will be provided, all we need is you.

We've scheduled dates for this effort- Thursday afternoons -April 11, 25 and May 2 and 16. We'll furnish a snack, you'll have a good time for a good cause!

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## Vertigo



No, not the great Hitchcock flick, though I'm sure that some vertigo victims feel as though they're in a horror show.

We're talking about vertigo the disorder which causes one to feel as though the world is spinning around us. People who suffer its effects have described an attack as a feeling of being unbalanced or pulled to one side. The spinning sensation is sometimes accompanied by ringing in the ears, nausea and headache among other side issues. Sounds awful!

Apparently there are all sorts of causes for vertigo including inner ear problems and, to a lesser degree, medications and migraines can trigger an attack. Treatments can include specially guided movements to move calcium deposits inside the ear itself -I know, sounds really strange- medications and physical therapy. Obviously I'm not an expert on the subject but our new friend Geoffrey Abraskin from Amedisys will be here on Tuesday April 16 at 12:30 to discuss the dizzying topic. So...let's do pizza first at noon. Sound OK?

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## Mt.View homecare



They're the new kids on the block, a home care agency based here in the Berkshires and interested in providing services to folks in town. They provide a wide array of services including; personal care, medications reminders, shopping and errands, home-making services probably including cleaning, laundry, meal preparation and so on.

They're also able to provide live in services up to 24 hours daily and, get this; pet sitting services. Different twist eh? I wonder if it means go on vacation and they'll watch your cat collection?

Anyway, Bonnie Eichorn from Mt.View be here at Harper on Thursday afternoon, April 4th at 1:00 to talk about this. We'll provide a snack after the conversation-as usual-tea and all that ...

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## The end of taxes



Well, the season has just about run its' course. All good things must pass and it's time. We don't necessarily think our paying of taxes is a great thing, but our Tax Aide program is. Alas, the last official day of FREE income tax preparation by our wonderfully talented AARP Tax Aides will be Tuesday April 16. I have been told that there is an extra day of grace because of the holiday, Patriots Day- and as this is written, there are a few spaces open . Sorry folks, that's all. Appointments are required, you can call us here at Harper, 458-8250 to schedule yourself. Bring your 2011 tax returns and any pertinent paperwork for your 2012 filing. Note that while special attention is paid to senior filers, the program is open to individuals of any age with moderate to low income. See you soon!

## Berkshire Resources include animals...

We are surrounded by wildlife. How many times have we looked out the window to see a bear, deer, moose, squirrel...looking back at us? Could almost be a daily event right? And one thing I have learned while I've worked here is that folks really love to watch the "outside" animals and like wildlife presentations equally as well. Guess what? You're in luck. Amanda l'Etoile is the Trails and Outreach Coordinator for the Berkshire Natural Resources Council will be here at the Harper Center on Tuesday April 23 to do a presentation on "Wildlife in the Berkshires". The Resources Council is a conservation entity based in Pittsfield and has been around since 1967. I don't think that they have been to Harper before. Amanda's presentation will be about an hour long and there will be plenty of time to talk and ask questions-she's bringing a slide show and her own small collection of skulls to show us. Yup, skulls. This will be really cool! She's a trained Berkshire Wildlife Tracker and I'm sure that she'll have some great tales to spin. She'll talk at 12:30 ish...and of course we'll have lunch first. We haven't planned the menu yet-but it will appear with the official sign up in a week or two!




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## Sweetwood visits

For those who don't know her, Edith Durham works out at Sweetwood and holds the official title of "Director of Activities". She's been here for a couple of our programs here at Harper and of course we know some of the residents from Sweetwood from activities down here.

Anyway, Edie will be here at the Harper Center on the afternoon of Thursday April 18th at 1:00 to talk about the different type of programs she offers which are available to community members. I bet that there are a whole bunch of things they do up there that we don't know about at this moment. I am quite sure that she'll have a whole list of interesting things to tell us, and maybe even a mailing list we can get on for future announcements. Yup. And while we will have snacks-she's bringing them. I wonder what they'll be?

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## Java with Judy

This little group of conversations has become rather successful hasn't it? We'll do it again in April and how about another breakfast? This time we'll have dry foods-bagels and cream cheese, fruit, maybe a selection of cereals?

So...Judy will be back here at 8:30 on Wednesday April 24th bringing Judy Koch, the new speech therapist from Williamstown Commons. Her topic will be "the Mature Voice"- how it changes through the years what we can do to maintain a healthy voice, and so on. There's a lot involved in speech therapy. I have personally seen these folks in action. After my Dad had a stroke he was speaking as though he had a mouthful of marbles. He worked with a speech therapist and got his voice back, They work wonders! Join us! This time we'll be having "Java with the Judys"!





On the web at  
[www.williamstown.net](http://www.williamstown.net)

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Aging**

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## Page four news and notes

At 11:30 on Monday April 22, members of a new committee at the Mt. Greylock Regional High School will be in the house to talk with us about an idea they have to consolidate functions at the Elementary schools, yes, including Lanesborough. It's an ongoing effort to improve services to our children and the community and contain some costs as well. They're coming to "do" a small focus group to see if town seniors have an opinion on the subject. I can't tell you much more than this, you'll have to come in and see for yourself. Yes, it's at lunch so remember, reservations are required if you want to eat!

Paula Almgren, an Elder Law Attorney and Estate Planning Specialist will be speaking at Williamstown Commons on the morning of Saturday, April 6th at 9:30 on various subjects of interest. Her conversation will be including estate and life care planning, the MOLST advanced directive rules, trusts, avoiding probate, recent changes in Medicare and Medicaid law-all important topics. The good people at the Commons will be offering breakfast to interested individuals but space will be limited-you should call them-458.2111-and reserve yourself a space at the table.

Our foot caretaker, Serena Merrill, will be in the house on Tuesday April 16th to work on your feet, clipping nails, reducing calluses and massaging the soreness out. There are still a couple openings available in April so give us a call if you're interested! Oh, by the way, in a strange twist, May is almost filled. Think carefully!

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday April 17th at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday April 9th, at noon immediately preceding the Friendship Club meeting. Our friend Sue was back to conduct the clinic and she brought those magic cookies with her. They went rather quickly so I guess that means business is up. Had mine done too, couldn't resist the cookie. My BP was good, surprise, but the cookie was delicious!

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday April 26th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold!